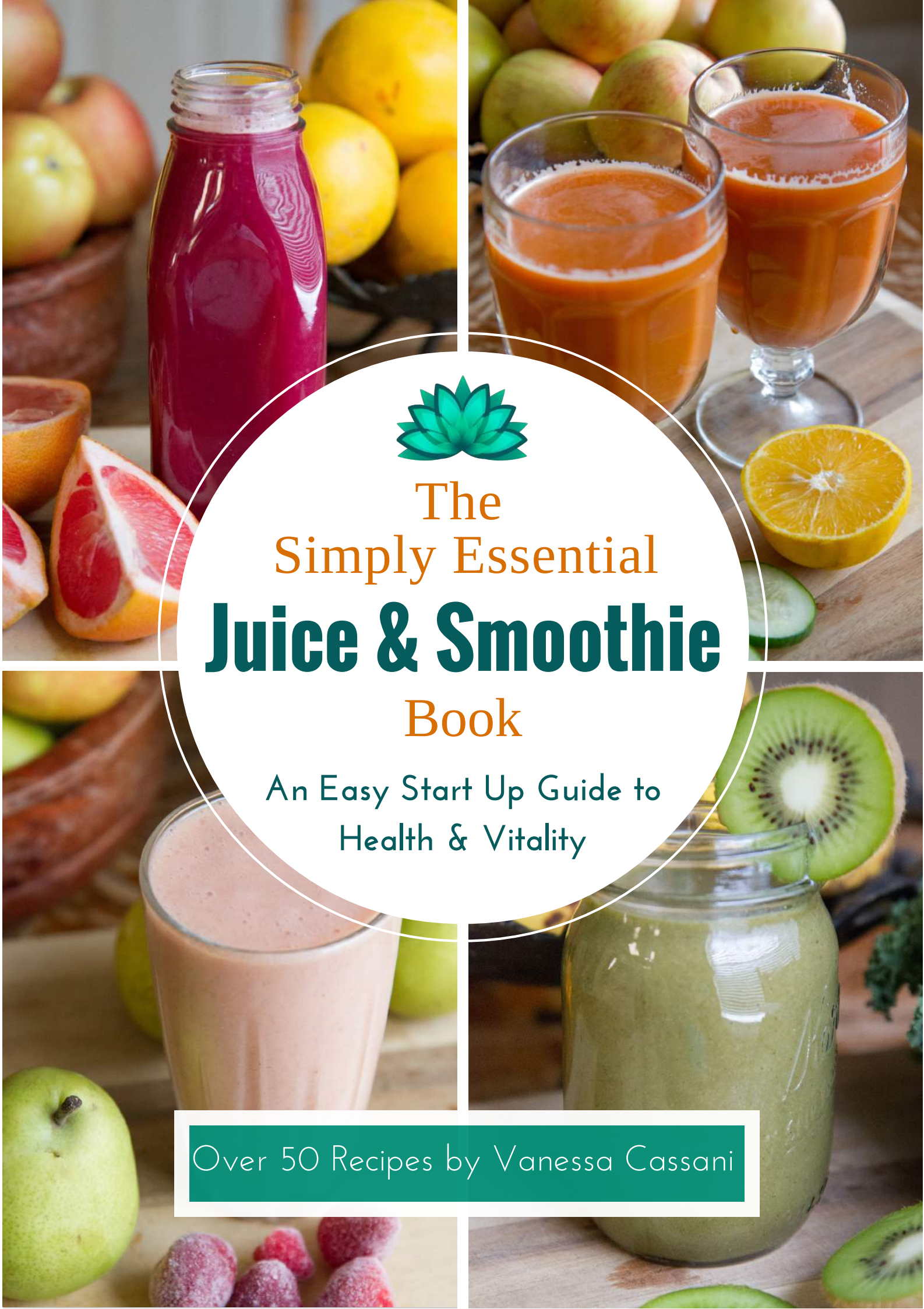
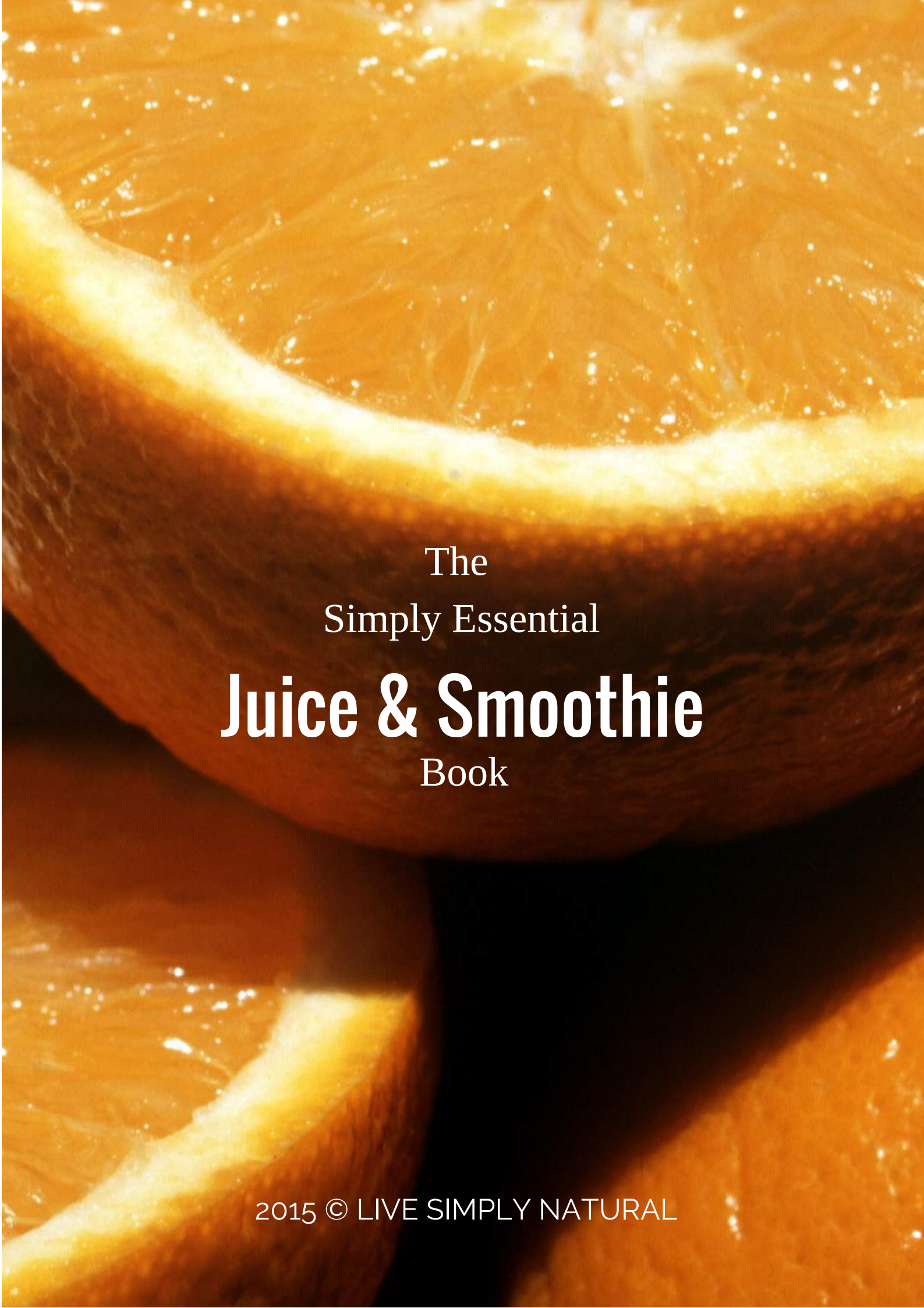


The Simply Essential Juice & Smoothie Book

An Easy Start Up Guide to Health & Vitality

Over 50 Recipes by Vanessa Cassani



The
Simply Essential
Juice & Smoothie
Book

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Introduction

This book provides you with the first steps towards healthier living, which includes letting go of the processed junk and adding more fruits and veggies to your diet. You have to remember that this is all to benefit you so that you can think more clearly, have more energy, and feel great in the process. These are things that you too will come to appreciate. I hope you're as excited as I am!

I have spent years learning how to properly balance all the many areas of my life. Having a healthy diet has been the anchor for my success. Having good and healthy recipes is just the start of it. I also want to give you the tools and information needed to find your own healthy, joy-filled journey.

Each chapter will give you a rundown of how and why adding juices and smoothies to your diet will benefit you. It will also include a step by step how-to guide, in addition to some of our favorite juice and smoothie recipes. I want to make this as simple as possible for you. Once you know the basics of getting started, it will be easy breezy to apply it in your daily life. Keep whatever resonates with you and feel free to create your own tools and resources as well. Remember, this is your health journey. I will hold you in the space of health, and encourage and support you along the way.

I hope you find this book helpful as I am so happy to be sharing it with you. My goal is that you will be inspired to want more peace, love, clarity, joy, wholeness, and wellness, for yourself, family and friends. You deserve it and you can achieve it. So strap on your apron, put on your favorite dance song, and get ready to get JUICY & BLEND!!!

From my home to yours,

Chapter 1

The Benefits of Juicing

How it All Started

Juicing has been around for longer than we can imagine. It's nothing new. Once confined to the earth smelling health food stores, local co-ops, or the infrequent vegetarian restaurant. Now juicing has hit mainstream America and I am so excited that it is finally getting the recognition it deserves!

Many are using this juicing therapy to gain energy, lose weight and improve their health overall. I am starting to hear many people talk about it, from soccer moms to business executives to celebrities and even athletes! With the excitement about juicing growing among so many people, the recent campaign from the National Cancer Institute couldn't have come at a better time, pushing people to

Eat More Fruits & Vegetables.

The remaining question now is: How long will the this trend last and to how far will it reach? So far, the knowledge of the health benefits of fruits and vegetables have only touched a relatively small portion of our society. But, as more and more people talk and write about the long-term health benefits, the number of people learning about the possibility of preventing and curing diseases through the use of fruits and veggies continues to grow. With that said, I believe this upward, health focused trend isn't going anywhere. People are growing and learning and becoming healthier and I'm beyond excited that you too have joined the movement!

Welcome!

What are the benefits of juicing?

This is why you are here. You probably heard about juicing from a friend or family member. Maybe it was just a casual conversation at the gym. Whatever is was, you were at the right place at the right time.

"I often believe that we are gifted little messages leading us toward healing. It's up to us to receive them. And, you did!"

People who jump on the Juicing train often get excited because they lose weight so easily. After the initial thrill of the pounds melting away without any real work, weight loss becomes secondary to all the other great health benefits they experience. Many have reported improvements in digestion, allergies, fatigue, and many get great results with reversing what are considered the leading causes of death today, like heart disease, cancer and strokes. Many skin conditions such as eczema, skin eruptions, dryness and oiliness have also been reported as subsiding. Hair has grown thicker, stronger and healthier, with decreased dryness and even dandruff. Body odor has also decreased and people's sense of smell has even improved! (Which is a great plus for me!)

Yes, I could be here all day trying to explain it to you why adding more juices and smoothies to your diet can change your life.

What is it about this stuff that makes it so beneficial?

Well, fresh, raw juices are the supreme and superior food. Why?Because it's the easiest, fastest and most economical way of putting healthy amounts of a wide range of fruits and veggies into your body. When you juice fruits and veggies, the cell walls of the produce are broken open and release all the nutrients into a quickly absorbable form making the process of digestion much easier on the body. All the vitamins, minerals, enzymes, amino acids, chlorophyll, phytonutrients, antioxidants and much more becomes instantly available for your body to use without all the work.

"When you consistently drink fresh, raw juice, your whole internal environment changes."

This garden-in-a-glass cleanses the body from stored wastes and toxins that can interfere with you maintaining proper cell and organ functions and potentially leading to disease.

What makes juices and smoothies so great, is that they are abundant with enzymes and bio-photons. You will start to hear this a lot. Enzymes are your body's work force. They're catalysts of hundreds of thousands of chemical reactions that take place throughout the body. Enzymes hold it all together and are essential for digestion, absorption of food, and production of energy at the cellular level. In fact, enzymes are critical for most of the metabolic activities taking place in your body at every second of every day. Which is why many raw foodies claim it to be the elixir to life.

Bio-photons are great too. I think of them like little rays of sunshine that the sun gives to the plants which we absorb when we eat raw food and even more when juicing. These bio-photons, or sun energy, supplies fuel to our cells. This is why many feel more energized and have an increase metabolism when drinking juices and smoothies. When juices are pasteurized, those beautiful rays of sun energy and enzymes are destroyed. Fresh is always better for you in the long run.

Fruits and veggies are also very alkaline, which helps to balance the PH levels in your diet, especially that of the standard American diet which happens to be very acidic.

Furthermore, fruits and vegetables provide one more substance that is absolutely essential for good health and maintaining proper weight: Water! More than 65% of the human body is made of water, and in some tissues, for

People often report that when they change their diet to include plenty of live foods, their body undergoes a transformation. I sure felt this. I started feeling healthier, happier, lighter, and more energized as time went on. Sleep improved and my headaches and joint pain dissipated. My mind became more alert and creative, while brain fog faded away. A person's whole life can begin to change because they have the energy and mindset to accomplish their goals. I know mine did!

"The Greatest Wealth Is Health"

Juicing & Weight Loss

Now, many people do report drastic weight loss when starting to incorporate more juices and smoothies into their daily life. For many, this is what leads them to juicing to begin with, but it's important to understand why this is. Fresh fruits and vegetables are naturally low in calories and have a high concentration of nutrients, which binds to toxins and helps carry them out of the body. After the body releases enough toxins, it can easily let go of fat cells that your body created to store all the toxins as a way to protect delicate tissues and organs.

"If you are looking to lose some excess pounds then juicing is going to be your best bet."

You'll be able to get more nutrition than you ever have all while consuming far fewer calories. Yes, you can burn those calories through exercise, but most of the excess weight is unusable toxins and waste that your body is storing and can easily be eliminated through the bowels. Yes, that's right you can poop your way to a smaller waist. Many have used this method to get fast results with their weight loss goals. You'd be surprised at how fast this really works. My husband and I do a juice fast on occasion and it's the fastest weight loss program I've ever seen and none of it requires any exercise at all (but please do not think that I am saying that physical fitness is valuable and important to overall body health).

If your body is working all day to digest unhealthy food, it will never get around to the cleansing/clearing process. This is why so many of us store large amounts of fat. Many people are constantly eating processed food that the body is having to work overtime to digest. Each time you eat, your body goes into digestive mode, which is much different than when you drink a juice. With a fresh juice or smoothie, the body quickly absorbs the nutrients and since there's not much to break down, the digestive process is short and quick, leaving you with extra time to cleanse and clear out other toxins that have been stored in the body. But remember that each time you eat you take the focus off the cleansing and back on digesting. This is why juice fasts are so effective! Your body is forced to focus on clearing out toxins and the results are great!

Juicing For Kids

For some children, eating fruits and vegetables is a no brainer but for many others, they need more than just a gentle persuasion to get them to take even a bite. No worries! Your child is not hopelessly unhealthy! They can change! It's important when introducing your children to new things that we give them time to process it all. Don’t expect it to all happen at once. Allow them to move at their own pace. With enough love and consistency, they will be happy about eating or drinking their fruits and veggies, and may soon be asking for more!

"The earlier you start with this process, the better."

Children that once enjoyed fruits and veggies as babies have often been exposed to processed foods too early. This was the case for our family and it caused our kids to have conflicting feeling toward eating anything remotely healthy. They then became picky eaters and started to reject many of the healthy foods we tried to give them. The reasons why your children won't eat fruit and vegetables doesn't really matter at this point. What is important is that we all understand why our children should have a healthy diet and that you are willing to guide them to that...no matter what.

"Teaching your children & showing them how to nurture themselves & their body will build a foundation for a healthy future."

If you are reading this book and are looking to change, know that you're off to good start! And, juicing makes it much easier to make the transition for you and your children. Since our children are still developing their foundation, both in body and mind, it's important to give them as many nutrients as possible. This is where juicing comes in, especially vegetable juices, as juicing breaks down the fibers and allows the nutrients to be released from the indigestible fibers so that a greater amount of vitamins, minerals and enzymes are made available to the body for digestion.

Be aware that there are some important things to keep in mind when giving your children more fresh juices. Balance is always the key to health, so for a child, a high juice diet isn't well balanced. Their bodies require healthy fats and proteins that aren't always present in juices. So, use juices along with other foods, either as a beverage with a meal or as a snack, ideally alongside a healthy fat to ensure all those fat-soluble nutrients get absorbed. Another concern is that most fruit juices and some vegetable juices are high in sugar. This can cause a spike in blood sugar levels. Luckily there are ways to balance this, like having them play outside to work off some of the excess energy. Since juices and smoothies have a higher sugar content, it's also important to maintain proper dental health. If the juices and foods are high in calcium, make sure your kids get some time in the sun so that they have proper amounts of Vitamin D, which helps the absorption of calcium.

The many benefits your child can gain from juices will more than make up for any concerns you may have. So, just start the conversation with your kids, teach them the benefits, and make it a fun and tasty experience that you both can enjoy!

Juice Detox

There are so many ways to detoxify the body, but is seems that juicing is the most popular these days. I think a lot of that popularity came from the documentary

"Fat, Sick, and Nearly Dead".

If you haven't watched it yet and are considering a juice cleanse then I recommend you do. This documentary was actually what motivated me to do my first juice cleanse. I knew about it prior to the movie and was considering buying a juicer, but of course I procrastinated as much as possible with starting. (Change can be scary!) But, once I saw that documentary, I promise you it wasn't more than a week and I had my juicer bought and ready to go. Funny how that works right? So, if you're wanting to detoxify your body and want to use food as a way to do so, juicing is going to be your best bet.

Our bodies are designed to naturally detox every day. It's part of the self-regulating cleansing process our bodies have. However, for some people the detoxification process is slower due to a higher exposure to toxins. Therefore, the detox mechanisms become slowed and sluggish causing a chemical imbalance that can throw off your whole body. Juicing is a great way to assist and speed up this process of elimination, and bring it back into balance.

While using juicing as a form of detox, you may observe that your body experiences certain symptoms that your were not aware of previously. Having symptoms really depends on how your body eliminates the toxins. If your body eliminates toxins via the skin, then you may temporarily get some acne breakouts or mild rashes. Body odor may also increase suddenly and in extreme cases can get pretty foul. These are a couple of the symptoms I experienced. Your body might experience different symptoms like possibly headaches, runny nose, nausea, etc. These symptoms are typically not an allergic reaction to the fruits/vegetables, but actually a reaction caused by using healthy to force out unhealthy. The symptoms typically only last the first few days of the detox so be sure to plan to start at a time where you can rest at home and pamper yourself. It was a bit of a challenge at first, but in the end it was 100% worth it. My skin cleared up and I finally felt the glow that I had heard others talk about. Even now, years after my first juice cleanse my skin rarely breaks out.

It's estimated that we have an average of have at least 5 to 10 pounds of accumulated toxins in our cells, tissues and/or organs. There are many chemicals, pesticides, heavy metals, drug residues, food additives and a long list of toxins from our environment that are affecting us on a daily basis. Regular juicing can help improve your body's ability to detoxify and repair on the cellular level. Doing a juice cleanse can bring immediate weigh loss and other significant benefits to your overall health, but continuing to maintain a regular juicing routine, even after the cleanse, will be what gives you the long lasting heath results you desire.

Chapter 2

Start Up Guide To Juicing

Buying a Juicer

If you ever felt the challenge to eat enough veggies, making a small investment in a high-quality juicer is one of the best steps you can take toward your health. There are a number of different types of juicers offered in today's market. Unfortunately, there is no one juicer that can do it all. With that being said, you have to first get clear on the qualities you're wanting. If you're anything like me, you want to make sure it is good quality, yet affordable and that it comes with a good warranty. From fast-spinning centrifugal juicers to slow-moving masticating juicers, there is a wide range of differences to consider.

Centrifugal Juicers

The fast spinning centrifugal juicer is the most commonly available juicer on the consumer market, and usually the least expensive. You probably see these a lot, and often on sale, at your local department stores. But, just because it's common doesn't necessarily mean it's good. The centrifugal juicer uses a high-speed spinning strainer that has a stainless steel blade

disc at the bottom. When you drop the produce down from the top of the machine, the spinning disc shreds all the produce into a fine pulp. This releases the juice and then pushes it through the strainer. The high speed of the centrifugal force creates a lot of noise and tends to oxidize the juice more than a slower moving masticating juicer. This process creates more foam and a shorter storage time. Something important to remember is that centrifugal juicers aren't very efficient when juicing certain vegetables, especially leafy greens, which is a big reason many people start juicing in the first place. Make sure that you do your research before you make the purchase. This will be an appliance you will use all throughout your health journey. You want to make sure you get the one that is right for you.

Masticating Juicers

A masticating juicer is the one I recommend. This type of juicer uses a screw like auger to mash and chew the produce into the walls of the juicer, squeezing it through the strainer, separating the pulp and the juice. It is a slow running juicer, which takes a little longer but creates less oxidation so it's perfect for all kinds of produce, especially greens. The only down side it that the produce does need to be prepped before throwing it into your juicer. This juicer can only accept small amounts at a time, unlike the centrifugal juicers where you can throw almost everything in there. The masticating juicer is a bit more delicate. This machine is much quieter than the centrifugal juicers and are usually a little higher in price. There is a wide variety of masticating juicers so it's best to do further research to find the one that would fit your needs best.

To be completely honest, our first juicer was a Champion Juicer, which is a great juicer, if you're considering a centrifugal juicer. I love and often recommend this brand if someone wants a centrifugal juicer. For my family, after about a month of using it we decided to buy a slow moving masticating juicer because after doing more research and learning about the greater flexibility and nutrition benefits of the slower masticating juicer, we decided it would be a better fit for us. We wanted to get more green into our diets and the centrifugal juicer just wasn't cutting it for the amount of greens we wanted to juice. In addition, we learned that the slower the juice is extracted, the more nutrients are preserved and we wanted the most for our money. We ended up getting the Omega-vert 350 HD, which is the juicer we use weekly.
As you shop for your juicer be sure to keep these things in mind.

Does it have a good Warranty?
What do you want to Juice?
How much do you want to Spend?
How hard is it to Clean?
How fast & effective is the Juicer?

All About the Produce

After you take the big step to purchase your first juicer, the next step is to figure out what you are going to juice and how you can do it on your budget. Juicing does require a large amount of produce, far more than you can eat in one sitting. So, if you're like me and love getting a good deal, it's best to become a little more produce-shopping savvy when it comes to buying your fruits and veggies. There are many different budget friendly places to get good fruits and veggies, with the most common being your average supermarket, farmers market, co-ops and best of all your own garden! But, if you’re a busy person like most and gardening isn't something that you are ready to commit to, don't worry! You can still find reasonably priced produce that you and your juicer can enjoy!

Buy Organic

I do recommend buying organic produce whenever possible. I like to use the Dirty Dozen & Clean Fifteen Guide to buying produce. Since you're going to be juicing the entire fruit/veggie, skin, peel, and all, it's important to make sure you have a higher standard for purchasing/growing produce.

If for any reason organic produce isn't an option due to budget or availability, do not worry. There are different precautions you can take, like peeling your produce or submerging them in vinegar baths.

"Juicing of any kind is better than not juicing at all!"

Buy Bulk

More and more organic produce is becoming available in supermarkets and wholesale bulk club stores like Costco & Sam's Club. Just because it's organic doesn't always mean it's going to be really expensive. Finding your own routine stops for where you buy your produce is going to help you a lot when shopping. I have around 4 to 5 different locations that I buy my produce from, all depending on my available time and convenience. I recommend you check out the different bulk food stores to get an idea of what they offer. You can also talk to your local produce managers in your area to see what kind of bulk deals they can offer you. We often go to Kroger to get some of our bulk items. After creating a good relationship with the produce manager and consistently buying bulk quantities, the prices got better and better, allowing me to brag about my frugal shopping skills!

Shop Local

My most favorite places to shop are the local farmers markets. This can be a great way to source organic, pesticide free fruits and vegetables without paying the higher prices of health food markets. Since the farmers are selling directly to the consumer, they can offer lower prices and fresher produce. When you buy produce from the super markets, a lot of it is picked many weeks prior to your purchase. This results in produce that is not fully ripened or doesn't have the nutritional density due to aging on the truck or shelf. Most farmers sell fresh picked produce and some are picked the same day. I didn't realize what a big difference this was until I tried it firsthand. I bought kale from a supermarket then a farmers market and the taste was very different. The kale from the farmers market was far more flavorful than that of the supermarket, and even when cutting, the smell of the kale from the farmer's market was much stronger and it lasted much longer in the refrigerator and the kale I get from the store.

You can't get much fresher than that!

Shop Wholesale

Last, but not least, the best place I have found to buy produce is at a wholesale produce market or distribution center. These places are where the restaurants and other markets get their produce. Most major cities have them in various places throughout the city. Keep in mind that these places are for the serious juicers, who want to skip the middle man and buy

directly from the wholesaler. You can get deals as low as half the price as the supermarket and most of these markets do not require really large purchases to buy from them. They do usually require that you buy a full case though, so you can't go and ask for 1 bunch of kale. More than likely you will have to get a case of 12. This is why it's great to get your friends and family involved too. You can split a case with them if you're not confident you will use all of it. It's the saddest thing to throw out food.

These wholesale markets can be a bit intimidating at first, since there are not many people around, mostly semi-trucks and forklifts moving truck loads of produce. When I go I'm just super friendly and honest about my reasons for buying from them and they are usually more than happy to help.

A smile goes a long way!

How to Get Started:

A Step by Step Guide

Once you get into the habit of juicing, you'll find that you'll look forward to your green juice and even miss it if you skip a day. But before you make this a healthy habit we need to go over some key tips to making it easy and convenient.

Step 1

First thing you need to do is find your juicer a permanent space on your counter. Planning to take it in and out of the cupboard will get old fast. I recommend an easily accessible spot so that you can use and see it every day. I have mine right next to my blender. Every morning I pick one to use.

Step 2

Go through the manual and watch a couple videos about your juicer being used. Also, be sure to register your warranty with the manufacturer. Wash all parts of your juicer before the first use.

Step 3

Now, it's time to juice! You sure are lucky that you have this guide that has tons of awesome recipes! :-) Look through the recipes in this book and find one that looks good to you. Gather all your ingredients and give them a good wash.

Step 4

I like to prep before I turn on my juicer, so be sure to cut your produce to the recommended size in your user manual. Now off you go! Start juicing!!! After you finish juicing all your produce, strain your juice through a strainer to give it a nice smooth texture. This is based on your personal preference. Then pour in a tall glass and set aside.

Step 5

Finally, it's clean up time. This is my least favorite part but the easiest and best thing you can do is clean up right away. Cleaning a freshly used juice is far easier than cleaning dried out produce bits, trust me. I use a small tooth brush like tool so that I can get all the small cracks and crevices cleaned and ready to go for the next use.

Finally you can sit and enjoy the fruit of your labor as you sip in the deliciousness of your creation.

Storing Your Juice

I usually juice in the morning, since fresh is always best. But occasionally, when I'm super busy, I juice the day before. This is perfectly OK. Usually, juice will last up to 72 hours after it has been juiced. If you keep it longer than that, it may still taste OK, but it will have lost enzymes and other essential nutrients that are the key health benefits of the fresh juice.

To store your juice, use a glass jar and fill it to the very top then seal it with an airtight lid. The less oxygen in the jar, the less likely your juice will "oxidize" and be damaged (have less nutritional value). You can also use lemons and other food saving ingredients in your juice to help it last longer. Storing the juice properly will help with maintaining all of the bountiful nutrients.

Here are some items that I would not recommend juicing:

Citrus Peels, Apple Seeds, & Pits

Here are some items that I recommend you buy in addition to your juicer:

Strainer, Nut Milk Bag & Apple Slicer

Getting your Kids to Join the Fun

Juicing can be just as fun for children as it is for adults, just as healthy too! When we first started juicing, our kids weren't anywhere close to being as thrilled about it as we were. Most of what we drank was green juice and the color just seemed to turned them off. I don’t really get it but it's like every kid is programmed to believe that green juice = gross juice. It took us some time to get them on board the juice train but now that they are on board, there is no getting off! Yes, this means green juice too.

Nothing feels better than seeing your little ones take steps toward being healthy.

So yes, kids too can enjoy vegetable juice on a daily basis, either as a beverage with a meal or as a snack. As I said in Chapter 1, ideally you want them to still have a good source of healthful fat to ensure all those fat-soluble nutrients get absorbed. For this reason, I wouldn't recommend juicing as a replacement meal for children.

When first introducing juices to children, start simple. Begin with 1-2 ingredients first then slowly start adding more. Most children will naturally want sweet fruit juices, and making them fresh is far better than the processed juice or sodas. But, don't forget that fruit juices do have a higher sugar content. Adding some greens will make it all worth while since they will be getting proteins and other essential nutrients in addition to natural sugars.

Making good healthy juice for your children is one thing, but getting them to drink it is another.

"Be patient and consistent with them."

Ever hear the term monkey see monkey do? Well, this very true of children. As you continue on your journey to better health, they will start to pick up your good habits. Keep in mind that this works both ways, so be strong and consistent

with yourself and they will follow. You don’t have to be perfect but if you do start slacking, recognize what isn't working and show them how to get back on the bandwagon. Above all, make it fun! Let them make their own juices, children are much more open to drink juices that are their own creation. When kids are enjoying what they do, chances are they will want to do it more and more.

FAQ

Q: How much Juice should I drink?

A: If you're on a juice cleanse (juice only for a period of time to cleanse your body, sometimes also referred to as a "juice fast"), I would suggest you drink between 64-96 oz. of juice daily. If you are supplementing a meal with a green juice then I would suggest drinking 16 oz. However, don't feel as if you are restricted to a certain quantity.

Q: How much does it cost to juice?

A: It really depends on how much you plan to juice. If you are planning on doing a juice cleanse, the cost can range between $100- $200 per week, depending on where you get your produce, whether its organic or not, which fruits/veggies you are buying, etc. There are many ways to shop inexpensively so that you can juice while still maintaining your budget. Buying wholesale, shopping at farmers markets and co-ops can help with getting cheaper produce.

Q: Where can I buy fresh raw juice?

A: Oftentimes we buy juices out of convenience. It's good to have a plan B for those times that you are busy or find yourself unable to juice. We regularly buy fresh squeezed orange juice from HEB, our local supermarket. Whole Foods has a great variety of juices to pick from and we stop by there if we are out and grab one to go. Jamba juice is another one of our favorites. You can get both juices and smoothies here. Those are just a few of many. Check out your local farmers markets, co-op, and/ or health food stores to get more of the scoop on getting fresh raw juices in your area.

Q: What do I do with the pulp?

A: The easiest thing to do with your pulp is to throw it in your compost pile. This is a great way to recycle those unused scraps. You also can freeze your pulp and use them later for stews, soups, breads, crackers, smoothies, cookies and much much more!

Q: Can I juice the stems?

A: Yes, stems have a lot of liquid and will yield you much more juice. However, some hard stems like those from grapes, tomatoes, apples, etc. can clog your juicer. Read your juicer manual to find out what things your juicer can/cannot process.

Q: How long can someone survive on just juice?

A: To maintain and promote optimum health, our bodies need to eat to get the adequate nutrition. As delicious and nutritious as juice is, it doesn’t replace eating, except during a controlled fast, detox, or cleansing program. I would recommend juicing no longer than 90 days. Always consult with a doctor before you plan an extensive juice fast and learn to listen to what your body is telling you. It knows what's best.

Q: Why do I get headaches after juicing?

A: Headaches that often accompany the first few days of juicing can be caused by a number of factors, including detoxification of the body. More often than not, drinking more fluids can help to eliminate, or at least reduce this from happening. Try drinking a glass of water first thing in the morning before reaching for your juice. Still have a headache? Maybe you are adding too many high sugar fruits to your juice. If none of these changes help, then try another juice. There is a slight change you are experiencing a sensitivity to a fruit or vegetable. Taking a walking can be very helpful for your headache, in addition to other exercises like yoga and Pilates. Also consider getting to bed earlier for some extra sleep.

Q: How will I get enough fiber when I'm juicing?

A: Fruit and vegetables contain loads of fiber in both soluble and insoluble forms. The juicing process extracts the

insoluble fiber, leaving you with a liquid that contains just the soluble type fiber. The result is that the health-promoting phytonutrients and enzymes in the soluble fiber are much better absorbed by your body.

Q: Am I just losing water weight during my juice fast? What is the different between losing water weight and excess weight?

A: Your weight loss will probably be a combination of fat, muscle, and water, but staying active and drinking enough water and juice will help to preserve muscle mass and promote fat loss. You can minimize weight gain post juice fast by following proper guidelines for maintaining a healthy diet. The amount that you lose will vary depending on how much weight you have to lose. Those with a lot to lose at the beginning often lose much more than those with less to lose. Stay consistent with your goals and you will have nothing to worry about. Remember, doing a juice cleanse/fast is not just about weight loss. It's about detoxifying your body and allowing it to be as healthy of a vessel as possible so you can live your life to its maximum potential.

Q: Can I freeze my juice?

A: The short answer is yes. I have not yet tried this but I have heard it can be a great option for those that are really busy and wanting to drink more juices throughout the day. Just be sure to freeze it immediately after juicing. Frozen juice can

keep for 7–10 days. If you freeze it in a mason jar, leave space at the top for the juice to expand while frozen.

Q: Is it normal for my pee to come out red?

A: Have your first glass of beet juice and go to the bathroom, and what comes out the other end? Red. This is harmless, so just keep juicing. It's happened to me plenty of times. If you're feeling particularly rainbow happy, imagine what color carrots and other bright vegetables can produce!

Q: My bowel movements are much smaller and less frequent during my juice fast. Is that normal?

A: Yes, this is very common. One way to look at it is this: The more volume you put in, the more volume comes out. Since we are drinking a lot of fluids, and we have removed a lot of the insoluble fiber (pulp) we normally consume, our stools become smaller and sometimes less frequent. However, if you have gone more than two or three days without having a bowel movement, you may be experiencing constipation. If you see blood in your bowel movements you might be straining too hard and might consider adding more solid fruits and veggies back into your diet. Sometimes, you might even experience liquid coming out where you typically have a bowel movement. This isn't necessarily cause for alarm either since you are putting mostly liquids in, mostly liquids will come out (after the initial "flushing" of the colon).

Chapter 3

Start-Up Guide to Blended Juices (a.k.a. "Smoothies")

It can be a challenge nowadays to eat the recommended serving of fruits and veggies and taking the time to juice can be an even bigger challenge. A great way to overcome this is to make your own nutrient dense smoothie. If you're wanting to get healthy and are unsure of what the first step is, just take it one meal at a time.

"Breakfast is a great place to start since it's the most important meal of your day."

Blending a couple of servings of fruits and/or veggies into a smoothie helps ensure you meet your body's daily nutritional needs. It doesn't take that long and it's super easy to do. You can make it in minutes before you leave the house and sip it on your way to work, school or just in your home office, like me.

This smoothie keeps you from indulging in empty carbohydrates and sets your day towards health. Plus, the number of healthy ingredients available for you to put into your smoothies is practically limitless! After the fruits and veggies, you can add any of the various spices, herbs, nuts, super-foods, and other health foods. The possibilities are endless. All you need is a blender!

Buying the Right Blender

A blender is a great tool to add to your healing experience. I use mine daily, even if I'm juicing. My blender and my juicer hold permanent spots on my counter top. Whether it's a smoothie, a soup or a fresh salad dressing, my blender will get used, no matter what.

My family has a variety of blenders that we use regularly. This wasn't always the case for us. For a long time we used a hand me down blender my dad gave us after he decided to upgrade and I loved it (of course I love my high speed blender more) but at the time it did its job. You don't need the best blender to start your health journey. Whatever it is you have, use it, and start now!

If you are looking to get a new blender, I have a few recommendations.

Here are a few things to consider before purchasing your new blender.

There are two types of blenders you can buy, a personal blender or a full size bender. Personal blenders are popping up a lot on the market now. They are small and easy to travel with, perfect for an on the go smoothie enthusiast. If it's just you, then this can be a great, easy, affordable option, and it produces a high quality smoothie.

The one that I love & use is the Nutribullet

.

It's a great product and has a good warranty, which is important whenever making a purchase on kitchen equipment, especially since this is something you will probably be using on a daily basis. I use my Nutribullet a lot for my on the go smoothies or when I want to make small amounts of sauces and/or dressings. It's super easy to clean and does a great job at getting everything smooth and creamy. Plus, it has a wide variety of sizes to pick from and you can store them all easily in the fridge. It has a lot of power for such a little machine, but it does the job amazingly.

Vitamix VS Blendtec

Vitamix vs Blendtec!

Which One Will It Be?

Which blender to use is a fun topic of discussion between health enthusiasts, and a couple of the brand names that people throw around the most are Vitamix and Blendtec. They both have insanely powerful motors that will liquefy your apples whole, turn your kale into liquid greens in a matter of seconds and cut your smoothie making time in half. But, what is the difference? Well, since I have both and use both quite often, you get to hear from my own personal experiences.

The Blendtec vs Vitamix review here explains the differences between these two superior high-speed performance blenders, helping you to make the best decision for your money. Honestly, it really just comes down to personal preference because both are amazing blending machines.

Blendtec

This was the high speed blender that really got my family into making smoothies, the second biggest small appliance purchase next to our juicer. Even though I had used the Vitamix prior to making our purchase, I really loved the qualities of the Blendtec, which is why we ended up choosing it at the beginning. One of the reasons I liked the Blendtec is the buttons. Blendtec is well known for their patented Smart-Touch Tec-nology™ which is completely automatic, enabling you to press a button and walk away. This makes it a lot easier for both me and my children to use. The Blendtec has 10 buttons, a pulse button, and other pre-programmed controls, depending on what you're wanting, which is super convenient for the multitaskers out there like me. Just make sure you have your lid on tight, or you will definitely not like the mess that can happen if that lid decides to pop off. Believe me!

Another great feature of the Blendtec is that the container is much shorter than the Vitamix container, allowing it to fit perfectly under my kitchen cabinet. This makes it a winner for space savers. I also love the square jar feature that makes it easier for food to maneuver down into the blades making the blending process easier. The Blendtec is also easier to clean and scoop out nut butters or other thicker concoctions you may whip up. Lastly, you can put the container in the dishwasher, which is a BIG plus!

Some of the things we didn't prefer about the Blendtec was the noise. It's definitely much louder than the Vitamix which doesn’t help much when I'm up early and wanting to make a smoothie. For those times I use my Vitamix so that I can enjoy my smoothie without waking up the kids. The Blendtec is also super light in weight which is good at times, but this causes the base to be unstable. We were a little shocked at how much it rocked while blending certain things. It usually happens when it's on full power and you are blending something really light. The motor is super powerful so the shaking is understandable, but not pleasurable.

Vitamix

I have to admit that even though I love my Blendtec, the Vitamix has its own unique qualities that make it very beneficial. The primary feature that we love is the plunger attachment. This added option is great for when I go a little more gourmet. It also helps when blending lots of different kinds of fruits/vegetables into a thicker mixture, because it helps to push the produce down to the blades. I'm not a big fan of the size and bulkiness of the Vitamix. Its height makes it a little awkward to store on the counter and it's super heavy to carry around. It definitely just leave it on the counter at our house. I did see online that they made a shorter container now, which would make it easier to store under the counter. The height and weight, which may not be such a bad thing considering the instability of the lighter Blendtec, are really the only downsides I have found from the Vitamix.

I do love the simplicity of the machine. It’s a two-switch, one dial machine. This feature gives me total control over the speed variations and length of time I want to blend, which is something I definitely like when I'm in my kitchen making my creations. So, for the control freaks— this might be the one for you.

Another positive of the Vitamix is that even on full speed, the base doesn’t budge. It feels like there's a cinder block attached to its base! The heaviness has a purpose and does provide benefit. When it came to cleanup though, the Vitamix container didn’t clean as easily as the Blendtec— the “blend it clean” technique doesn't always get everything and I find it to be more work than just washing it. It's not recommended it be put in the dishwasher, but I have to admit that I'm guilty of doing this from time to time.

Both blenders are great tools to add to your kitchen and honestly, if you're like me, you would more than likely want both. But, if you're really just wanting one really good reliable blender then pick the one that fits you and your needs.

"Blendtec is the more economical all in one blender, while Vitamix provides a high powered, manually controllable blending experience."

How to Get Started

A Step by Step Guide

Smoothies, especially green ones can really be a great benefit to your health routine. I have learned over the years that there is a simple technique to making the perfect smoothie. Don't just throw things in your blender. Chances are they aren't going to taste good, and I say that from personal experience! To save you from having those smoothie fails and wasting pricey produce unnecessarily, check out my tips below to make, and enjoy, your perfect smoothie.

Step 1

The first thing to start with is you base.

This is the liquid that will give your smoothie the best consistency. Depending on the consistency and size you desire, you will need anywhere from 1 -2 cups of liquid base for the smoothie. Liquids include water (what I use most), milk (soy, dairy, almond, coconut, rice), juice, coconut water and/or yogurt. I am promote a plant based lifestyle, so I don't recommend using dairy as your base, not just because of my own personal preferences, but to also aid in lowering the fat/sugar content of your smoothie.

Step 2

This is where the fun begins!

Add all of the fruits and vegetables that you want to include in the smoothie. Some of the veggies that work great in smoothies are: spinach, sprouts, carrots, celery, cucumbers, romaine and kale. For this step you can use fruits and vegetables that are either fresh or frozen or a mix of both. Just be sure to put your softer ingredients in first, as frozen items should always be put in last. When making a green smoothie, start off with the 60/40 rule. 60% fruits and 40% greens, and as your taste buds begin to change, the ratio will change as well.

Step 3

Add your Super Foods!

At this point, you can add extras to the smoothie for exciting flavors, added nutrition or to change the consistency. These additions can include: protein powder, rolled oats, cacao, peanut butter, chlorella, spirulina, chia seeds, flax seeds, hemp seeds, and natural sweeteners (dates, raisins, cinnamon, honey, vanilla extract).

Step 4

Finally it's time to Blend!

Pulse your smoothie until you get most of the ingredients broken down and then increase the speed and let the blender liquefy everything until it is smooth and exactly the consistency you want. At this point, you can add more fruits/veggies to make it thicker or more liquid to make it thinner. Pour it in a tall glass and enjoy

Step 5

Clean Up!

Clean your blender right away. I had a bad habit of leaving my blender in the sink without cleaning it immediately. This made it much harder to clean later and less likely for me to make another smoothie during the day since I would have to take the time to clean it first. After I made it a habit to clean my blender right after I finished my smoothie, I noticed how much faster and easier the whole process was.

Storing your smoothie

Smoothies are really meant to be consumed right away, but it's far better to have a smoothie that you've stored in the refrigerator than a bagel or pie during your afternoon break. Since you are blending your ingredients, the oxidation process happens very quickly due to the amount of air that

gets pulled down into your smoothie during blending. Storing your smoothie is very similar to storing your juice. Fill up your glass jar to the very top then seal it with an airtight lid. The less oxygen in the jar, the more nutrients your smoothie can retain. I wouldn't recommend storing a smoothie longer than 24 hours. Shake it up or quickly re-blend before drinking it, since it will have separated while sitting in the refrigerator.

Smoothies for kids

I believe that smoothies can be a great way for kids to get the proper nutrition they need to grow their little bodies to be strong and healthy. But, it may be a bit of a challenge for you at first, especially if you have picky eaters. The best thing is for smoothies to be a natural part of your diet, your life and your daily routine. If you're just starting out, here are some tips to making the process easier.

First

Set the Example

Make sure to be a good role model for your children during this transition. They need to see you being successful, so they can feel confident to adopt this lifestyle change along with you.

Second

Start with Fruit

Use fruit that your children like. Get them comfortable with yummy fruits before you add in the greens. As your kids start to become comfortable with smoothies in general, start adding greens. Use spinach and romaine first since these have a milder flavor. Eventually, you will get to a point when your kids are trying to steal your kale smoothie, but be patient with them in the process.

Third

Make it FUN!

Kids love things when they are fun, and you want them to enjoy the experience so they will adopt it for themselves. Find ways to make it fun. Get them a cool cup and use fun straws. Make up fun kid-friendly smoothie names, like The Green Hulk. Make a game of it if you need to.

My daughter was a bit hesitant to drink her smoothies at times so I made up a game. I would blindfold her eyes and she would have to guess the ingredients in the smoothie. I

noticed that if she didn’t see what she was drinking, she didn't have a problem gulping it down. Observe and notice the things that are challenging for them and tackle those things in a fun and creative way, thereby teaching your kids great life lessons in the process.

You can also allow your kids to make their own smoothie creations, with guidance of course. I saw the benefits of this first hand as my children were much more enthusiastic about drinking their smoothies when they got to make it. Let them have a little control in the process, like when you go to the store, ask them what they need to make their morning smoothies. They will feel like it is more their choice and less of you forcing it on them.

Remember that smoothies are just the beginning. As you are able, start giving them more fruits, veggies, and greens throughout the day. It is important for them to get use to eating all kinds of fruits and vegetables. And if they don't like eating them at first, try adding those ingredients to their smoothies, or maybe they will just learn to like them and they will appreciate their smoothies that much more! All they need is your support and guidance.

"Smoothies are just the start to this lifelong habit of healthy eating so start easy, be kind to yourself, & enjoy the experience."

Chapter 4

Juicing Vs Blending

We know that the best way to increase our alkalinity and detox our bodies is to consume a diet full of fresh fruits and vegetables. But, to juice or not to juice, to blend or not to blend...that is the question! Which one is best? I get asked this a lot from people that are trying to increase weight loss and detox their bodies. You might think the differences between juicing and blending are obvious, but in actuality, there’s a lot of confusion about which one is better.

Many people seem to have an opinion about this topic. Some say blending is best because it includes all of the fiber and others say juicing is best because you absorb more nutrients. Honestly, I don’t think it really matters. Both are great. They are just different and have different benefits. I try to do both but I personally tend to do more blending because of its convenience. However, I love to juice and find it very rewarding for both body and mind. It really just depends on your own preferences and what you have going on in the rest of your life. As long as we all can agree that consuming a diet high in vitamins, minerals, enzymes and other necessary nutrients, which we get by eating/drinking a diet high in raw fruits, veggies, and leafy greens, we will be in the best of health.

There are so many benefits of both juicing and blending, like increased red blood cells, improved circulation, ease of inflammation, oxygenation of the body, and counteracting harmful free radicals. We stack the odds in our favor when we feed our body proper nutrition, whether it's juiced or blended.

The Key Differences

Between Juicing & Blending

Number 1

Fiber

Blending has much more fiber of course, both soluble and insoluble, which is great for moving things out the gut. Fiber also helps to keep blood sugar levels low and balanced. The added fiber also keeps you full for longer, which with my busy schedule, it really helps. When you juice, you are removing the insoluble fiber, which is the pulp you see coming out of your juicer. Fiber is beneficial for the body because it keeps the digestive system healthy and it slows down the absorption of sugar. Those with diabetes can benefit greatly from adding blended juices into their daily diet. On the flip side, fiber does slow down the absorption of nutrients. When you juice you are extracting around 70% of the nutrition you need right into your glass and without the insoluble fiber your body absorbs up to 99% of these nutrients. Getting clear on your goals will help in deciding whether juicing, blending or a combination of the two, is best. If you're trying to get more nutrients into your body then juicing is going to be your best bet. But, if you're wanting to have sustained energy, cleanse the gut and /or balance your blood sugar levels then blending would accomplish those goals.

Number 2

Cost

Factoring in the cost is a key component to deciding whether to juice or blend. Unless you have an abundance of income, which, for that you are truly blessed, cost truly does come into play with how healthy you can be. I hate to be the one to admit it, but healthy foods do cost more...for now. Hopefully, that will soon change and I think as more and more people become a part of this healing movement the more cost efficient it will hopefully become for everyone.

"Eating healthy is well worth the investment, but knowing your budget is important".

It does cost more to juice, since you are using more produce, but you are increasing your nutrients which will help the overall health of your body, so the extra cost is a valid one. But, if you are trying to say within a more limited budget, then blending is going to be the less expensive option. You use less produce with blending, and if you're like me and use bananas for almost every smoothie, you can plan to save even more. Bananas are super cheap, very healthy and filling. Plus, they are good with almost everything! I've blended bananas with cucumber, celery, beet, all kinds of greens, nut butters and a large variety of fruits.

Number 3 Time!

The most frequent excuse I hear is, "I don't have enough time." I say it! We all say it! But, that is what it is, an excuse. Understand that you have enough time to do whatever it is you truly want to do. I am super busy and I haven't worked it into my schedule to juice on a daily basis. But, I do blend DAILY.

"Health is always something that is worth your time."

Eventually, I want to get to a place where I am in the habit of juicing daily, but for right now I am OK with using my blender every day and juicing a few times a week. Make your routine work for you. The easier it is, the more likely you will keep it up. If you want to start juicing daily, you can make the time for that. Get up 10 min earlier. If you're constantly on the go and can't seem to spare 5 to 10 minutes in the morning, juicing the night before can save a lot of time. Keep in mind that blenders and centrifugal juicers oxidize the juice, causing it to lose nutrients much faster than that of a slow masticating juicer, so those juices have to be consumed right away and not stored. Juice from a slow masticating juicer can be stored for up to 72 hours in the fridge and 7 days in the freezer. You could easily get all your juicing done in one day for your week, making it much easier on you, especially if you're doing a juice fast or juice detox. Know what your goal is and act accordingly.

Number 4

Creativity

Both juicing and blending allow you to get creative. Blending, however, allows you to add a wider range of ingredients. My favorites are chia and flax seeds, which are perfect if you're wanting to add more omega 3's & 6's to your diet. Hemp Seeds make it creamier, and it is a great source for added protein. I also love adding the nut butters...yum! Almond butter is great to add into your smoothie and with some dates...wow, My mouth is watering just thinking about it. This makes for a perfect sweet treat you and your kids will love!

The key is to have plenty of fresh vegetables and fruits in our diet, whether we eat, juice, or blend them. All of them are nutrient dense powerhouses, and however you choose to take them in, you're well on your way to creating a lasting change for the better! Choose the one that best suits your needs and dive in!

Chapter 5

Juicing Recipes

"A quick way to get your daily dose of Vitamin A & C"

Morning OJ

Ingredients

4 carrots
4 oranges
1 cucumber
1/2 celery

Directions

Clean and chop produce. Slowly feed ingredients into your juicer. Stain through strainer. Pour in a tall glass over ice. Enjoy!

Pink Limeade

Ingredients

1 small watermelon
2 apples
6 strawberries
1 lime
6-8 fresh stems mint

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Add mint for garnish. Enjoy!

Carrot Boost

Ingredients

6 carrots
2 apples
1/2 head celery
1/2 inch of ginger

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Heavenly Bliss

Ingredients

1/2 pineapple
6 carrots
4 cucumber
1 head romaine

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Spicy Jalapeño

Ingredients

1/2 pineapple
1 cucumber
1 lemon
1 handful cilantro
1 jalapeno

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

"This ruby red juice is a great source for Vitamin C & K"

Sweet Beet

Ingredients

4 apples
1 beet
1 cucumber
1 lemon

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass over. Enjoy!

Bleeding Hearts

Ingredients

3 beets
6 carrots
1 cucumber
1 romaine
2 limes

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass. Enjoy!

Holy Grale(Grape-Kale)

Ingredients

2 lbs. grapes
1 bunch kale
1 cucumber

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Sunset Salad

Ingredients

1 head of romaine
4 carrots
4 oranges
1 celery stalk

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass and serve cold. Enjoy!

Ginger-aide

Ingredients

6 strawberries
4 apples
4 carrots
1 cucumber
2 limes
1 inch ginger

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass. Enjoy!

An anti-inflammatory juice that cleanses & hydrates the body.

Pine-Apple Kale

Ingredients

1/2 bunch kale
1/2 pineapple
2 apples
4 cucumbers

Directions

Clean and chop produce. Slowly feed ingredients into your juicer. Stain through metal strainer. Pour in a tall glass. Enjoy!

Butternut Sunrise

Ingredients

1 Large butternut squash
4 apples
4 oranges
1 cucumber
1 red bell pepper

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass. Enjoy!

Popeye's Potion

Ingredients

2 cups spinach
3 apples
3 oranges
6 celery stalks
1 lemon

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass over ice. Enjoy!

"Rich with Vitamin C & packed with tons of fiber."

Citrus City

Ingredients

1 lemon
6 oranges
2 grapefruit
1 cucumber

Directions

Peel & chop produce. Slowly feed ingredients into your juicer. Strain if you desire. Pour in a tall glass. Enjoy!

Mean Green

Inspired by Fat Sick & Nearly Dead

Ingredients

I cucumber
4 celery stalks
4 apples
1 bunch kale
1 lemon
1 inch ginger root

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a glass. Enjoy!

Green Orange

Ingredients

6 oranges
1 bunch spinach
1 bunch basil
1/2 in. of ginger (optional)

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Sweet Sunshine

Ingredients

4 carrots
2 sweet potatoes
2 apples
2 oranges
1 red bell pepper

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Green Tonic

Ingredients

2 green apples
4 celery stalks
1 cucumber
1 large lemon
1 cup spinach
1 cup parsley

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour. Best served cold. Enjoy!

"A serving of all the essential nutrient your body needs"

V8 Juice

Ingredients

5 tomatoes
2 cucumber
4 carrots
1 red bell pepper
3 celery stalks
1/4 beet

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass. Enjoy

Summer Sensation

Ingredients

1/2 watermelon
1/2 pineapple
2 cucumbers
6 celery stalks

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Pour in a tall glass over ice. Enjoy!

Melon Melody

Ingredients

1/2 watermelon
1/2 cantaloupe
1/2 honeydew
1 cucumber

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass over ice. Enjoy!

Fall Feast

Ingredients

1 small butternut squash
1 sweet potato
4 apples
6 carrots
1 red bell pepper
1 tsp. cinnamon

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass. Mix in a dash of cinnamon.Enjoy!

Pico de Gallo

Ingredients

6 tomatoes
1 bunch cilantro
1 large lemon
4 celery stalks
1 jalapeno (optional)

Directions

Clean & prep produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass. Add salt & pepper to taste. Enjoy!

Pretty In Pink

Ingredients

4 blood oranges
4 celery stalk
1/2 beet
2 apples

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass over ice. Enjoy!

Green Granny

Ingredients

4 granny smith apples
1 bunch spinach
2 cucumber
1 head romaine

Directions

Clean & chop produce. Slowly feed ingredients into your juicer. Strain & pour in a tall glass over ice. Enjoy!

Chapter 6

Smoothie Recipes

"A simple & sweet Vitamin C boost."

Straw-Peary Banana

Ingredients

6-8 strawberries
4 bananas
2 pears
1 cup water and/ or ice

Directions

In a high speed blender add strawberries, bananas, pears, water and/or ice. Blend until smooth and creamy. Enjoy!

Apple Pie Smoothie

Ingredients

2 bananas
4 apples
4 dates
1 tsp cinnamon
1/4 cup cashews
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Mean Green

Ingredients

1 cup kale (stem removed)
1 cup spinach
2 celery stalks
1 lemon (peeled)
1/2 cucumber
3 apples
2 cups water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Green Apple

Ingredients

2 green apples
2 Limes, Peeled
6 fresh Basil Leaves
2 Frozen Banana
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Almond Joy

Ingredients

6 bananas
2 tbsp. Almond butter
Vanilla bean
4 dates
1 cup water/ ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Garnish with a dash of cinnamon. Enjoy!

Twisted Kiwi

Ingredients

4 bananas
2 kiwis
2 cups strawberries (8-10)
1 cup kale (2-4 leaves)
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Big Red

Ingredients

6 strawberries
4 celery stalks
4 apples
1 lemon
1/4 beet

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Mango Spinach Smoothie

Ingredients

4 bananas
2 mangoes
1 bunch spinach
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Coconut Strawberry

Ingredients

1 coconut water
1 coconut meat
8-10 strawberries
2 bananas
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Mango Melon

Ingredients

1 mango
1/2 cantaloupe
4 bananas

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Plum Perfect

Ingredients

2 cups spinach
2 plums
6 bananas
2 oranges
1 cup fresh OJ and/ or water

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Green Cream

Ingredients

4 bananas
4 kale leaves
2 celery stalks
2 apples
1 orange
1/2 avocado (optional)
1 cup water and/ or OJ

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Perfectly sweet & rich with antioxidants

Berry Banana Bliss

Ingredients

4 bananas
1 pint blueberries
2 tbsp. Chia seeds
2 tbsp. Hemp seeds
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Cherry Berry

Ingredients

4 bananas
2 cups frozen cherries
1 cups blueberries
1 tbsp. chia seeds
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Nutty Nana

Ingredients

6 bananas
1 tbsp. peanut butter
1/4 cup raisins
2 tbsp. flax seed
3 cups water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Garnish with a dash of cinnamon. Enjoy!

Hemp berry Dream

Ingredients

6 bananas
1/2 pint blueberries
1/2 pint raspberry
4 tbsp. hemp seed
2 cups water/ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Pumpkin Pie Smoothie

Ingredients

2 bananas
1 cup pumpkin
4 dates
1 tbsp. peanut butter
1 mango
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

"Perfect for after a work out, to energize and rebuild muscle."

Green Monster Energy

Ingredients

4 bananas
5 kale leaves
4-6 dates
1 tbsp. peanut butter
2 tbsp. hemp seeds
2 tbsp. cocoa nibs
2 cups water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Red Velvet

Ingredients

4 bananas
2 apples
2 cups frozen cherries
1/2 beet
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Reese's Peanut Butter Blast

Ingredients

4 bananas (frozen)
2 tbsp. peanut butter
4-6 dates
2 tbsp. cocoa powder
2 tbsp. hemp seeds
1 vanilla bean
2 cups water/ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Orange Greensicle

Ingredients

2 bananas
4 oranges (peeled)
4 kale leaves
2 dates
1/4 cashew
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Garnish with a dash of orange zest. Enjoy!

Kale Berry Cream

Ingredients

4 bananas
2 pears
6 strawberries
1 cup kale
1/4 cup cashews
2 cups water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

"A great boost of iron & Vitamin C"

Peachy Green

Ingredients

4 peaches
2 bananas
1 cucumber
1 cup spinach
1 cup water or OJ

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

Hydration Nation

Ingredients

2 bananas
4 cups pineapple
1 cucumber
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Garnish with a slice of cucumber. Enjoy!

Piña Kale-ada

Ingredients

4 bananas
3 cups pineapple
1 cup kale
1 tbsp. coconut oil
1 cup water and/ or ice

Directions

In a high speed blender add ingredients. Blend until smooth and creamy. Enjoy!

FOX

Acknowledgments

To all that supported me through this journey, you know who you are. Your presence in my life means more to me than words can even express.

To my wonderful husband and children, Thank You for the countless taste tests. May this forever remind you of all the fun we have in the kitchen.

To my readers, Thank You! I hope that you got as much from this book as I did writing it. I love sharing my journey with you so that it can be a guide and support through your own process of healthy living.

Remember that the road to health is a life-long journey, always changing, and always growing. Just take it one step at a time. I invite you to come and connect with me and the Live Simply Natural community. We are here to encourage you, support you, and empower you to live up to your highest potential. I celebrate you and all of your efforts to be and live from a place of health. Cheers!